THE INVENTION CLAIMED IS:

1. A garment comprising a piece of clothing having at least one pad of conformal, energy dissipating media, wherein the pad is positioned at a location on the clothing to diminish the effect of a sudden impact on a wearer of the garment.

2. The garment according to claim 1, wherein the media is a fluid in the absence of a sudden impact, and a solid when the pad is subjected to a sudden impact.

3. The garment according to claim 1, wherein the pad is comprised of flowable conformable media confined within an encasement.

4. The garment according to claim 3, wherein the media is a polymer composition.

5. The garment according to claim 4, wherein the polymer composition is polyborosiloxane.

6. The garment according to claim 1, wherein the pad is located within an enclosure on the clothing.

7. The garment according to claim 6, wherein the enclosure is a pocket having a reclosable end.

8. The garment according to claim 1, wherein the pad is secured directly to the clothing.

9. The garment according to claim 1, further including a connector attached to the surface of the clothing for securing the at least one pad to the clothing.

10. The garment according to claim 9, wherein the connector is stitching attaching the pad to the clothing.

11. The garment according to claim 9, wherein the connector is a pair of interlocking strips of hooks in which one strip is secured to the pad and the other strip is secured to the clothing such that when the strips are mated, the pad is secured to the clothing.

12. The garment according to claim 9, wherein the connector is adhesive between the pad and the clothing.

13. The garment according to claim 9, wherein the connector is double sided tape between the pad and the clothing.

14. The garment according to claim 1, wherein the pad is made up of a plurality of adjacent projections.

15. The garment according to claim 14, wherein the plurality of adjacent projections are mounted upon a common substrate.

16. The garment according to claim 14, wherein each projection is a strip comprised of conformal media surrounded by an encasement.

17. The garment according to claim 16, wherein the encasement is made of one from the group consisting of polyurethane, urethane, PVC, nylon and neoprene.

18. The garment according to claim 16, wherein the encasement is welded to the clothing.

19. The garment according to claim 18, wherein the encasement is nylon and the clothing is nylon.

20. The garment according to claim 16, wherein the strips are oriented parallel to one another.

21. The garment according to claim 14, wherein each projection is a disc comprised of conformal media surrounded by an encasement.

22. The garment according to claim 14 wherein each projection is made up of an encasement of tightly woven cloth.

23. The garment according to claim 1, wherein the thickness of a pad is 3/8 inch.

24. The garment according to claim 1, wherein the garment is a shirt.

25. The garment according to claim 24, wherein a pad is located on the clothing in the shoulder region of the shirt.

26. The garment according to claim 24, wherein a pad is located on the clothing in the rib region of the shirt.

27. The garment according to claim 1, wherein the garment is a pair of pants having pant legs.

28. The garment according to claim 27, wherein a pad is located on the clothing in the shin region of each pant leg.

29. The garment according to claim 1, wherein the garment is a sleeve.

30. The garment according to claim 298, wherein a pad is located on the clothing in the shin region of the sleeve.

31. The garment according to claim 1, wherein a pad is located on the clothing in the region of the tailbone of a wearer.

32. A system for more uniformly distributing the forces of sudden impact upon hard shell padding comprising:

a) a garment of clothing worn by a wearer;

b) hard shell padding placed over the garment to protect a portion or portions of the body of the wearer;

c) at least one pad of energy dissipating conformal media secured at a location on the clothing between the wearer's body and the hard shell padding wherein the pad conforms between the hard shell padding and the wearer's body such that the force of a sudden impact upon the hard shell padding causes the pad to distribute the force of impact over the area of the pad in contact with the wearer's body.

33. The system according to claim 32, wherein the conformal media is also energy dissipating.

34. The system according to claim 32, wherein the conformal media is polyborosiloxane.

35. The system in accordance with claim 32, wherein the wearer is a person, the hard shell padding is a set of shoulder pads, and the clothing is a shirt and wherein the at least one pad is a plurality of pads which are secured to the clothing in the region of the shoulders.

36. The system in accordance with claim 35, wherein the pads are further secured to the clothing to protect the scapula, clavicle and upper ribs of the wearer.

37. The system in accordance with claim 32, wherein the wearer is a person, the hard shell padding is a shin guard and the clothing is a sock and wherein the at least one pad is secured to the clothing between the shin guard and the shin of the wearer.

38. The system in accordance with claim 32, wherein the wearer is a person, the hard shell padding is a forearm guard and the clothing is a shirt and wherein the at least one pad is secured to the clothing between the forearm guard and the forearm of the wearer.